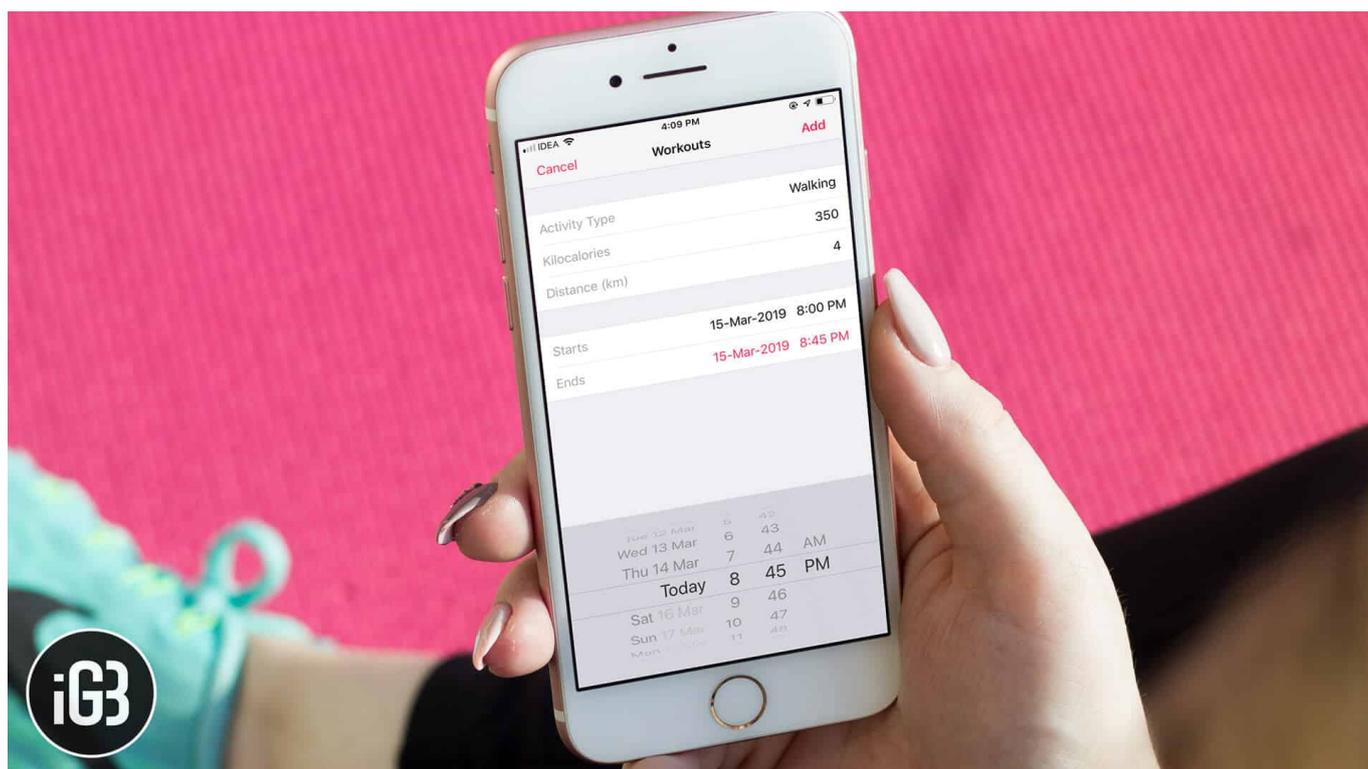


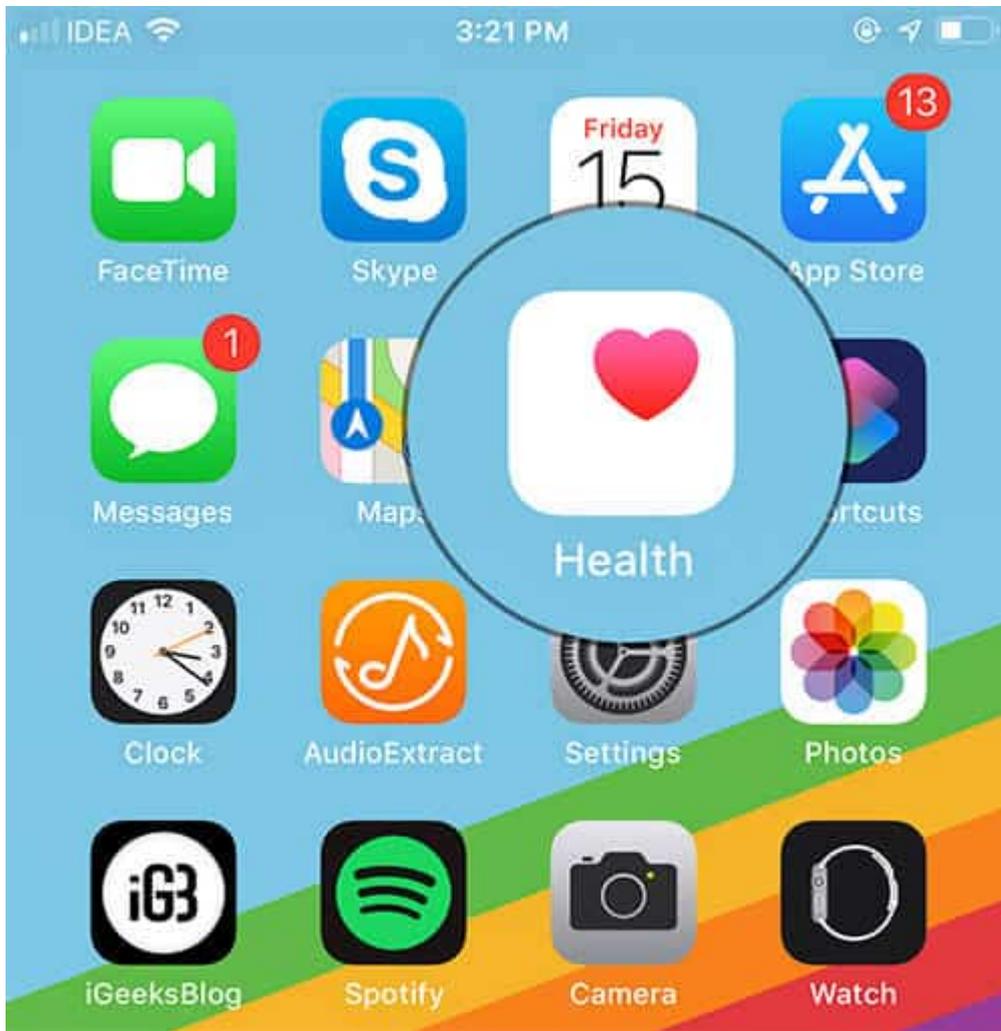
Every morning, I take a power walk in a jogger's park near my residence. I ensure that Workout app on my Apple Watch counts the steps and time of my walk. But on some days, I tend to forget to start the workout app. On those days, my smartwatch cannot count the metrics of my workout, including the calories I burned. So what do I do? Well, there is a way to add the workout to my Apple Watch manually.



The data I manually add to the Workout app will reflect in Activity app on my iPhone and Apple Watch. During the process, you are not supposed to use your Apple Watch as your iPhone plays a role here.

## How to Add Workout Manually to Activity App on iPhone

**Step #1.** Take your iPhone and open **Health app**.



**Step #2.** Now tap on **Health Data** from the bottom menu.

IDEA 3:21 PM

< March 

S	M	T	W	T	F	S
10	11	12	13	14	15	16

Friday, 15 Mar 2019

### Favourites

Walking + Running Distance **2.5 km**  
Today at 2:26 PM

### Activity

Activity Today at 2:27 PM



Move **188/370 CAL**  
Exercise **9/30 MIN** Stand **6/12 HRS**

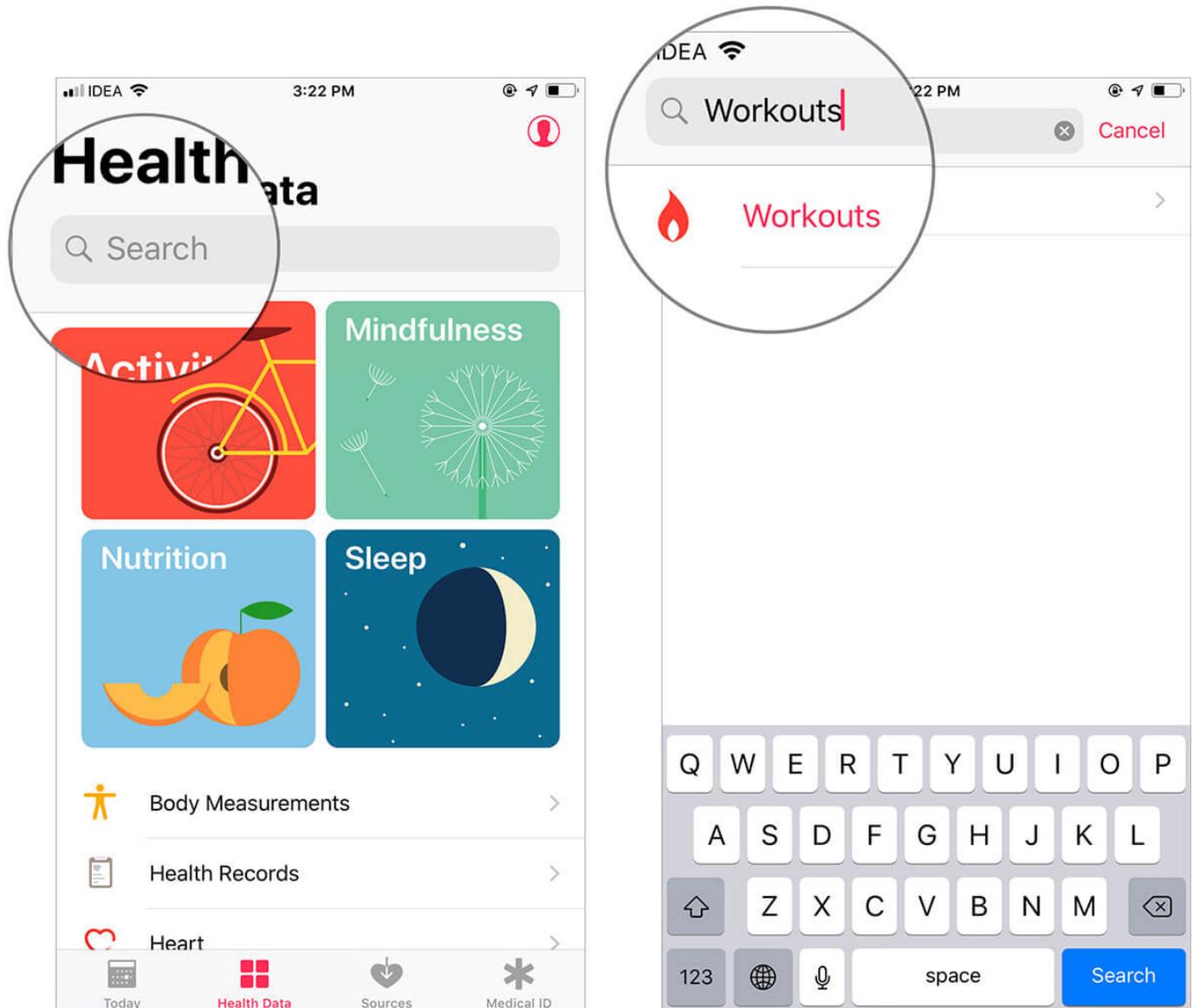
Stand Hours **6 hr**  
Today at 3:00 PM

Resting Energy **1,174 kcal**  
Today at 2:26 PM

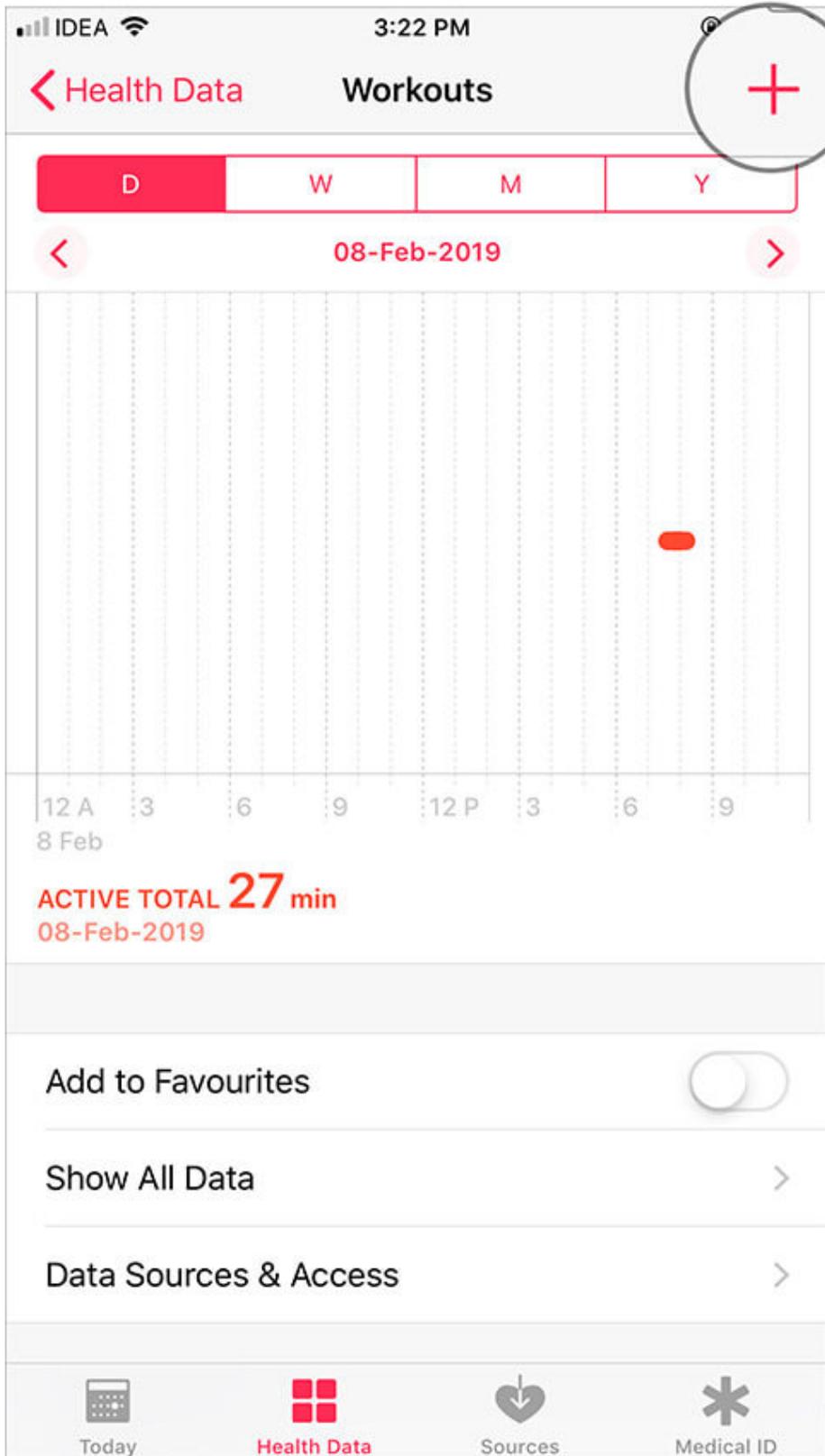
Active Energy **188 kcal**  
Today at 2:26 PM

Today **Health Data** Sources Medical ID

**Step #3.** Next, In the Search bar, type in **'Workouts.'** When the Workouts option appears in the list, tap on **it.**

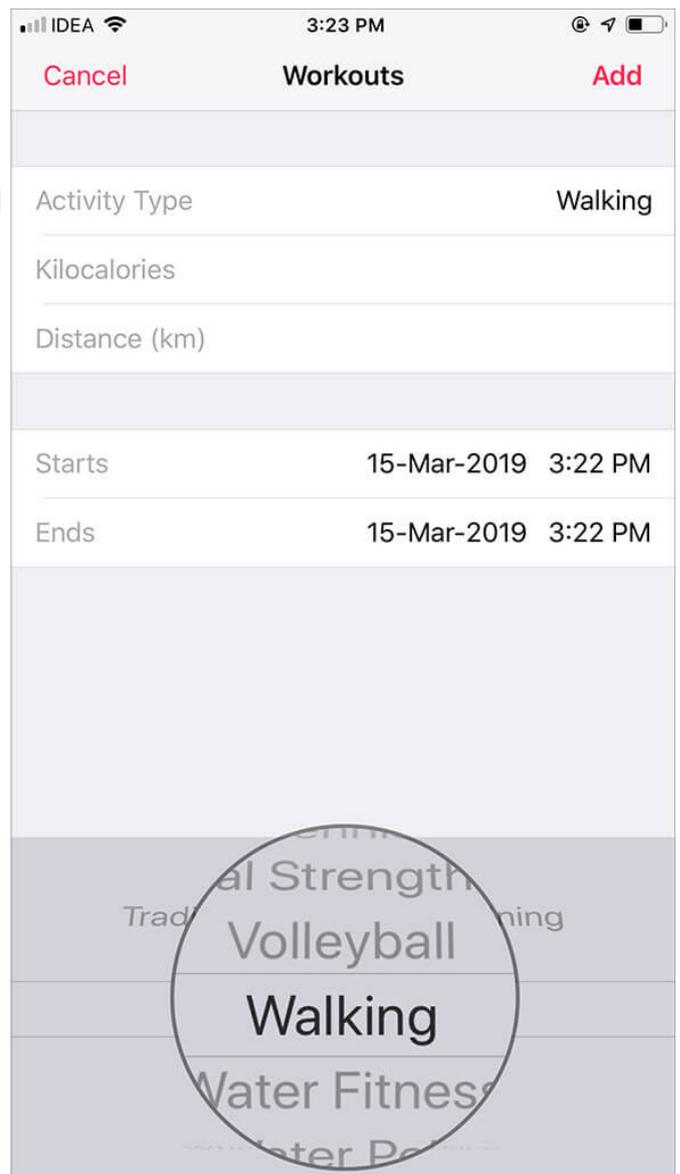
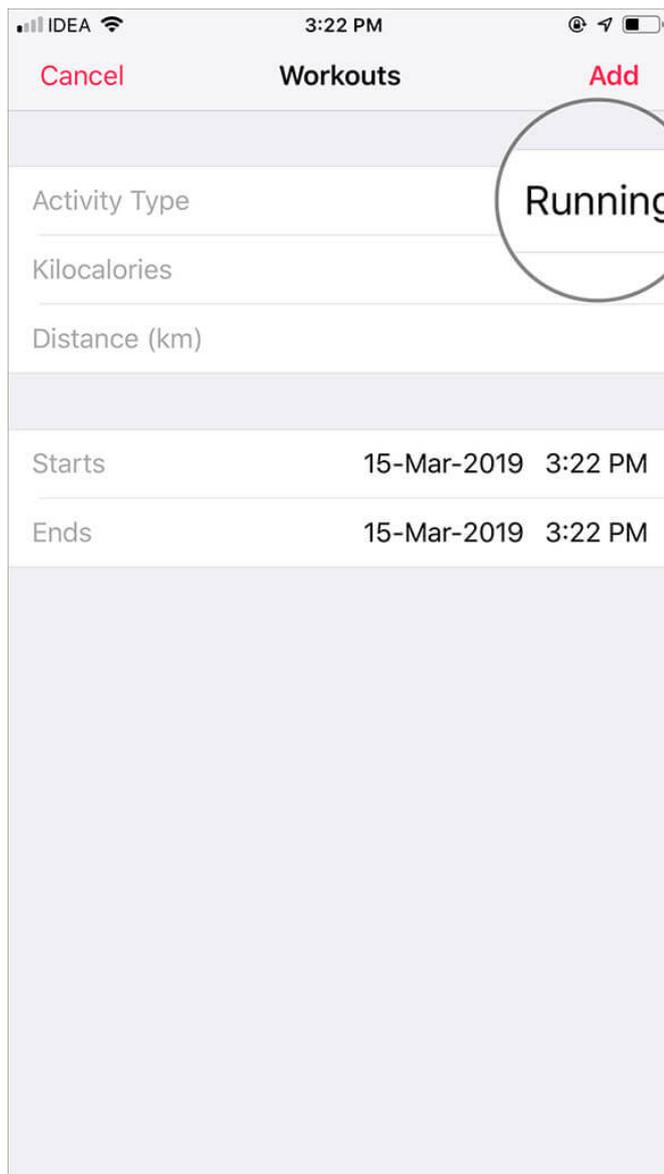


**Step #4.** Now, tap on the **plus (+) icon** from the top right corner.



**Step #5.** Here, you can add your workout type by tapping **Activity Type**.

When you tap on it, a carousel with several options will appear at the bottom. Roll the carousel and select your activity. Since I walk every day, I have chosen **Walking**.



**Step #6.** Next, tap on **Kilocalories** and **Distance**; the two options, that carousel will be replaced by a numeric pad so that you can add figures.

IDEA 4:08 PM

Cancel Workouts Add

Activity Type  Well

Kilocalories

Distance (km)

Starts 15-Mar-2019 6:28 PM

Ends 15-Mar-2019 6:28 PM

1	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ
123 .	0	⌫

**Step #7.** Now, Add the **time you start and end** your activity and then tap on **Add button** from the upper right corner of your phone screen.

IDEA 4:09 PM

Cancel Workouts Add

Activity Type Walking

Kilocalories 350

Distance (km)

Starts 15-Mar-2019 8:00 PM

Ends 15-Mar-2019 8:45 PM

Tue 12 Mar	5	42	
Wed 13 Mar	6	43	
Thu 14 Mar	7	44	AM
<b>Today</b>	<b>8</b>	<b>45</b>	<b>PM</b>
Sat 16 Mar	9	46	
Sun 17 Mar	10	47	
Mon 18 Mar	11	48	

That's it!

Now go to the Activity app on your iPhone or Apple Watch and check the update.

## **Summing up...**

You can see that the activities displayed by that carousel are the same as you can see in Apple Watch when you add your Favorite Fitness Activity to the Workout App.

## **You May Also Like to Read:**

- [How to Use Workout Detection on Apple Watch in watchOS 5](#)
- [How to Use Workout App on Apple Watch in watchOS 5](#)

Which fitness activity do you do every day? Do you forget to track your workout frequently? Share your feedback with us in the below comment section.